



# Training-Related Injury Report

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# Injuries in BCT

- BCT (Ft. Jackson)
  - Males: 19-37% are injured in a 9-wk cycle
  - Females: 42-67% are injured in a 9-wk cycle
- Armor battalion (Ft. Riley, 2002)
  - Males: 45% are injured in 1 year
- MP battalion (Ft. Riley, 2002)
  - Males: 66% are injured in 1 year
  - Females: 82% are injured in 1 year

# Training-Related Injuries in BCT

- Most injuries are overuse\*
  - males: 75%      females: 78%
- Most injuries involve the lower extremity
  - males: 83%      females: 87%
- Activities associated with injuries in BCT
  - running, marching, walking

\* Ft. Jackson 1998 (Knapik et al.)

# Training-Related Injury Report (TRIR)

- Developed by the CHPPM
- A monthly report
- Graphically presents injury rates by BCT post (monthly and yearly trends)
- Allows commanders to monitor BCT post-wide injury rates and monitor the effectiveness of injury prevention programs

# Training-Related Injury Report

- Army Medical Surveillance Activity (AMSA) developed the case definition for training-related injuries
  - Includes overuse injuries that occur in the lower back, pelvis, and lower extremities
  - Overuse injuries include stress fractures, overuse knee pain, tendonitis, fasciitis, etc.
- Cases are identified from diagnostic codes (ICD-9) assigned by medical providers

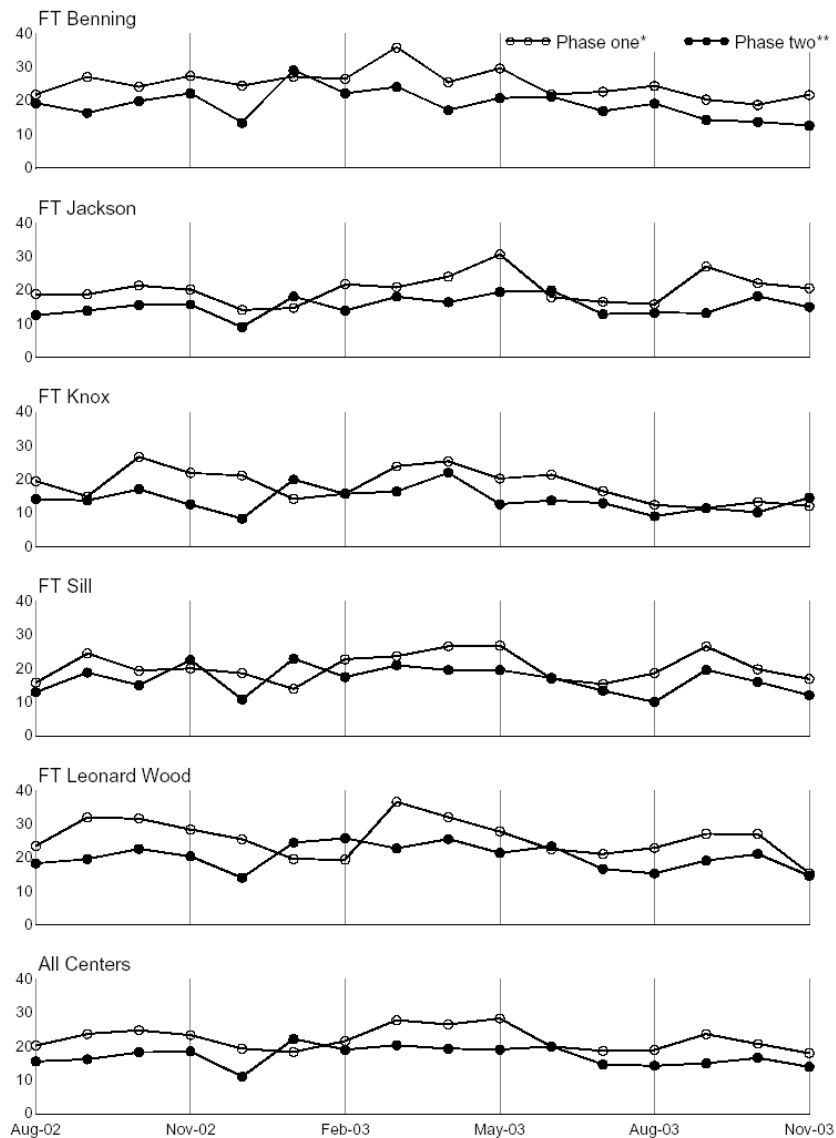
# Training-Related Injury Report

- TRADOC provides monthly personnel data on trainees at each BCT post
- AMSA merges injury and personnel data to calculate training-related injury rates
- AMSA provides a monthly report to the TRADOC surgeon who distributes the report to BCT post commanders

# Training-Related Injury Report

- Allows injury rates at any BCT post to be monitored over time
- Allows each post to be compared to the all-Army BCT average injury rate
- Comparison of rates between BCT posts are not advised
  - Differences in training
  - Gender differences by post

Training Related Injury Report for Army Basic Training Centers  
Rate of New Injuries per 100 persons per month through November 2003

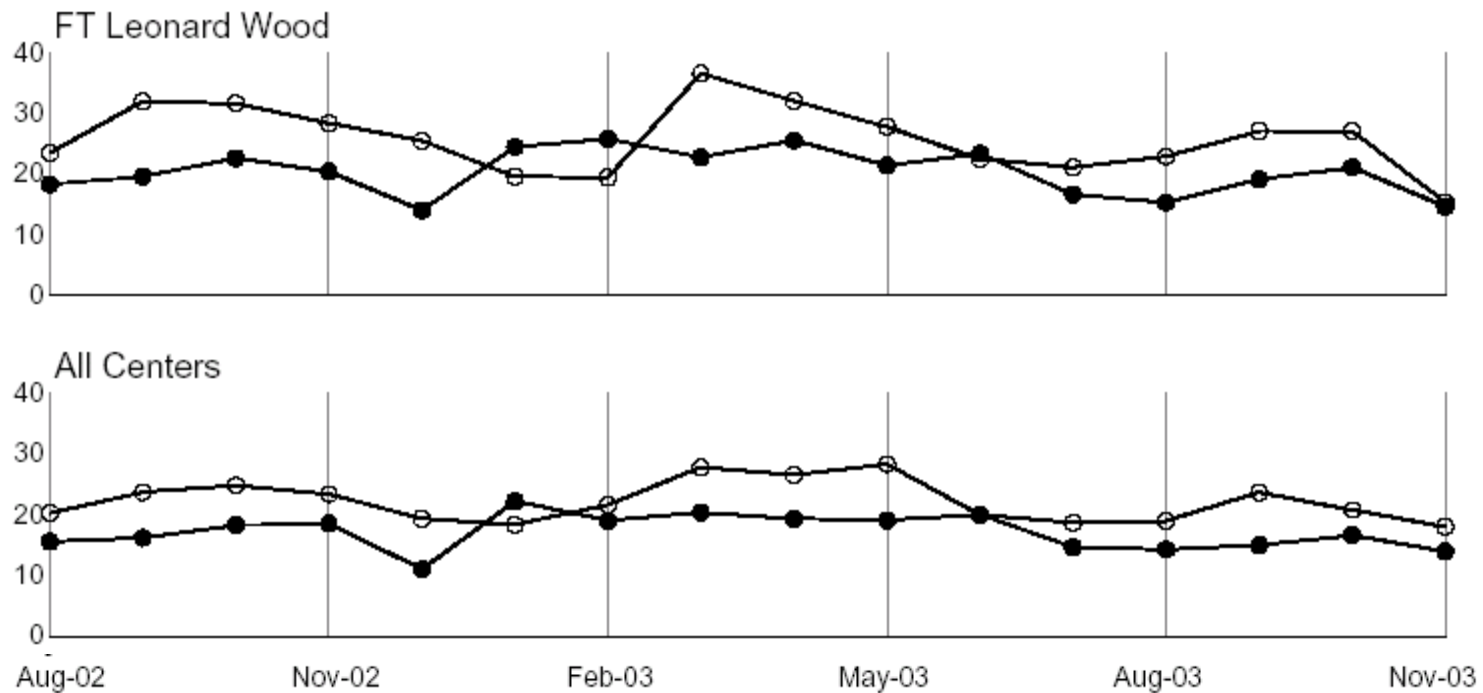


\*Injury rate during training days 1 - 28  
\*\*Injury rate during training days 29 - 63  
Note: Rates adjusted for winter holiday period

Report date: December 04, 2003  
Source: Defense Medical Surveillance System  
Prepared by the Army Medical Surveillance Activity, USACHPPM



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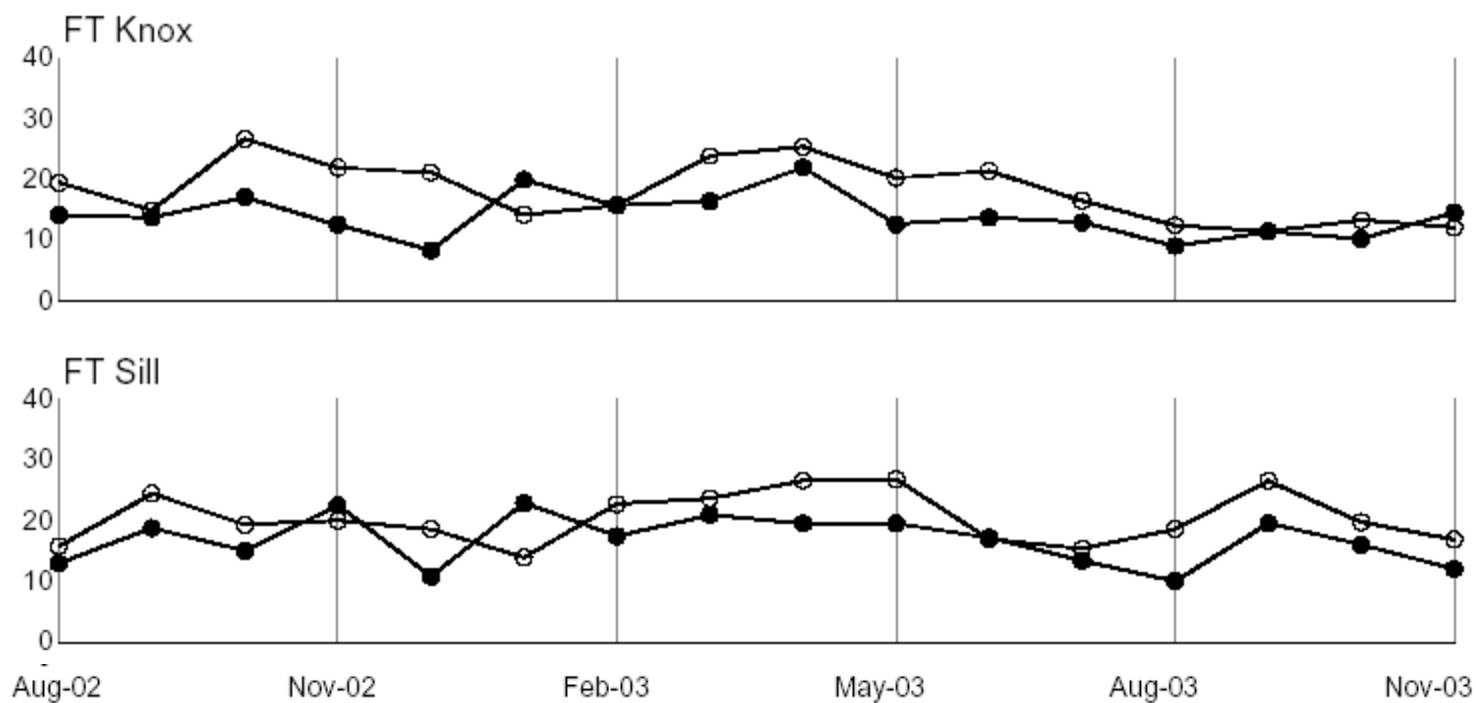
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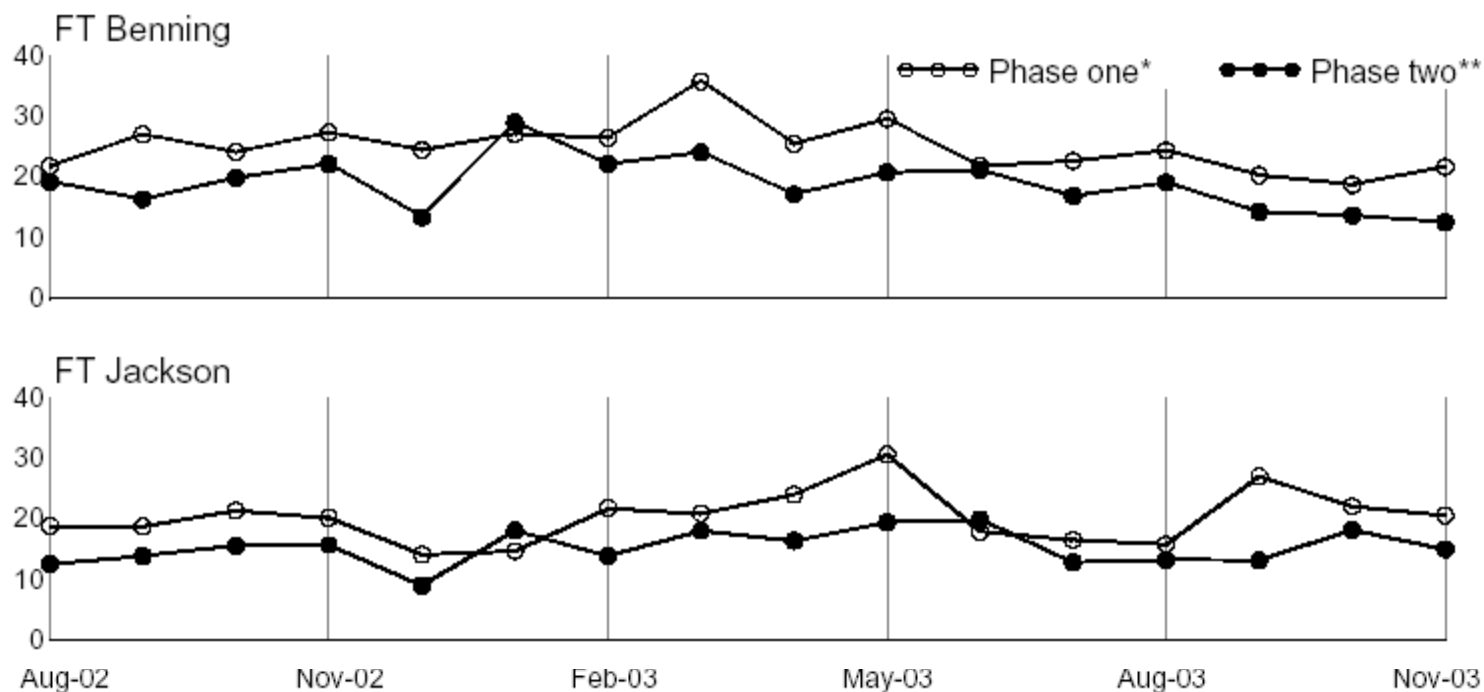
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# Future of the TRIR

- “Drill down” from reporting the injury rate for “all” BCT units on a post, to being able to report individual unit injury rates
- Effective tool allowing commanders to monitor the effectiveness of injury prevention programs

Questions

# US Army Center for Health Promotion and Preventive Medicine

Provide health promotion and preventive medicine leadership and services to counter environmental, occupational, and disease threats to health, fitness, and readiness in support of the National Military Strategy

